

TRADITIONAL IRISH BEEF STEW

SERVES 6 TO 8

Use Guinness Draught, not Guinness Extra Stout, which is too bitter.

INGREDIENTS

- 1 (3 1/2-to 4-pound) boneless beef chuck-eye roast, pulled apart at seams, trimmed, and cut into 1 1/2-inch pieces
- Salt and pepper
- 3 tablespoons vegetable oil
- 2 onions, chopped fine
- 1 tablespoon tomato paste
- 2 garlic cloves, minced
- 1/4 cup all-purpose flour
- 3 cups low-sodium chicken broth
- 1 1/4 cups Guinness Draught
- 1 1/2 tablespoons packed dark brown sugar
- 1 teaspoon minced fresh thyme
- 1 1/2 pounds Yukon Gold potatoes, unpeeled, cut into 1-inch pieces
- 1 pound carrots, peeled and cut into 1-inch pieces
- 2 tablespoons minced fresh parsley

INSTRUCTIONS

1. Adjust oven rack to lower-middle position and heat oven to 325 degrees. Season beef with salt and pepper. Heat oil in Dutch oven over medium-high heat until shimmering. Add onions and 1/4 teaspoon salt and cook, stirring occasionally, until well browned, 8 to 10 minutes.

2. Add tomato paste and garlic and cook until rust-colored and fragrant, about 2 minutes. Stir in flour and cook for 1 minute. Whisk in broth, 3/4 cup Guinness, sugar, and thyme, scraping up any browned bits. Bring to simmer and cook until slightly thickened, about 3 minutes. Stir in beef and return to simmer. Transfer to oven and cook, uncovered, for 90 minutes, stirring halfway through cooking.

3. Stir in potatoes and carrots and continue cooking until beef and vegetables are tender, about 1 hour, stirring halfway through cooking. Stir in remaining 1/2 cup Guinness and parsley. Season with salt and pepper to taste, and serve.